

1 **Amendment to the Specification**

2 **In the Specification:**

3 Please amend the specification as follows:

4 *On Page 1, the paragraph beginning at line 19 should be replaced with the following.*

5 A number of prior art devices exist to reduce the likelihood of such sprains from occurring.
6 However, before discussing such prior art, it may be helpful to briefly review anatomical terms that
7 are relevant to the foot, and motions of the foot. Three reference planes are commonly employed
8 when referring to the foot, each plane bisecting the ankle. The transverse plane divides the top and
9 bottom of the foot, the frontal plane divides the front and back of the foot, and the sagittal plane
10 divides the left and right sides of the foot. The lateral side of the foot refers to the side of the foot
11 away from the mid-line sagittal plane, while the medial side is the side closer to the mid-line sagittal
12 plane. The dorsum of the foot is the top part of the foot, and the plantar surface of the foot is the sole
13 of the foot. In the horizontal transverse plane that divides the foot into a top and bottom reference
14 plane, abduction motion occurs when the foot rotates laterally or away from the center of the foot,
15 and adduction motion occurs when the foot rotates medially or towards the center of the foot. In
16 the vertical frontal plane that divides the foot into the front and back, inversion motion occurs when
17 the foot twists such that the plantar surface of the foot faces toward the midline of the body, and
18 eversion motion occurs when the foot twists such that the plantar surface of the foot faces away
19 from the midline of the body. In the vertical sagittal plane that divides the foot into a left and right
20 side, plantarflexion motion occurs when the foot moves downward from the tibia or away from the
21 anterior leg and distally such that the angle between the foot and leg is increased; and dorsiflexion
22 motion occurs when the foot moves upward towards the tibia such that the angle between the foot
23 and leg is decreased. Of the above-mentioned motions, the ones most commonly implicated in
24 lateral ankle sprains are excessive lateral frontal plane motion of the foot (i.e., inversion), and
25 external rotation ~~transverse plane~~ (transverse plane) motion of the leg.

26
27 *On Page 5, the paragraph beginning at line 20 should be replaced with the following.*

28 Another embodiment of a support apparatus in accord with the present invention includes the
29 ankle collar and two medial tension bands. A first medial tension band is attached to the ankle collar and
30 engages the footwear at a location close to the medial quarter of the footwear, approximately adjacent to

1 the navicular tuberosity (and the insertion of the posterior tibial tendon into the navicular tuberosity) of
2 the user's foot. A second ~~lateral~~-medial tension band is also attached to the ankle collar and engages the
3 footwear at a location proximate to the medial heel counter, such that when the user's foot is inserted into
4 the item of footwear and the support apparatus is properly adjusted, the second medial tension band is
5 disposed adjacent to the user's posterior tibial tendon. The user selectively adjusts the tension associated
6 with each tension band as described above. If desired, lateral tension bands such as those described above
7 can also be included.

8
9 *On Page 8, the paragraph beginning at line 9 should be replaced with the following.*

10 FIGURE 5 is a medial side view of a user's right foot in the neutral position, showing yet another
11 embodiment of the present invention, and illustrating how the invention provides support to at least the
12 navicular tuberosity and the insertion of the posterior tibial tendon;

13
14 *On Page 15, the paragraph beginning at line 4 should be replaced with the following.*

15 Note that D-ring 20 is disposed proximate the lateral heel counter of item of footwear 10, such
16 that tension band 16 is substantially perpendicular to a sole on item of footwear 10 (see
17 FIGURE 4A). When properly positioned and adjusted, tension band 16 provides a majority of the
18 support and stabilization of the user's *rear foot* while it is in either a neutral position (FIGURE 3A)
19 or a dorsiflexed position (FIGURE 3B), reducing a risk of injury and ankle sprain relating to
20 inversion of the user's foot, and preventing a reoccurrence of such injuries or the exacerbation of a
21 previous injury. See page 2 for a more detailed description. The combination of the ankle collar 14a
22 and tension band 16 creates a tension band effect that enhances normal ligamentous ankle anatomy,
23 while limiting excessive lateral frontal plane and external rotation transverse plane motion, which are
24 the motions most commonly implicated in lateral ankle sprains. It should be understood that as
25 shown in the Figures, the relative position of D-ring 20 is approximate, and knowledge of anatomy
26 and due care must be exercised to ensure that D-ring 20 (or a corresponding element employed to
27 engage tension band 16 such as a slotted opening or a buckle affixed to the item of footwear) is
28 positioned in an anatomically correct position as necessary to provide the desired support.

1 *On Page 17, the paragraph beginning at line 11 should be replaced with the following.*

2 As indicated above, selecting the appropriate positions for ~~attachment points 20a and 22a~~ the
3 openings formed in the item of footwear for attachment points 20a and 22a requires an understanding
4 of the anatomy of the human foot. Because the support provided by the present invention is likely to
5 be important to collegiate and professional ~~athletes~~ athletes, it is likely that team physicians and
6 trainers will be able to assist athletes in selecting the appropriate locations required to achieve the
7 maximum benefit. In addition, a shoe repair facility can be employed to install the attachments on a
8 user's item of footwear, if desired. More casual users of the support can also consult with foot
9 specialists to assist in installing attachment points on existing footwear, such that supports in accord
10 with the present invention can be used.